

IN THE CLAIMS:

Please amend the claims such that the pending claims read as follows:

1. (Currently Amended) A restraint that reduces breast movement while a person exercises or performs some other activity, comprising:

a strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and

an adjustable fastener that is for fastening the strap together and that is disposed to be positioned at the person's back;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint restaint avoids contributing to movement of the breasts during exercising or other activities.

2. (Original) A restraint as in claim 1, wherein the strap is at least one inch wide at a portion that fits across the tops of the breasts.

3. (Original) A restraint as in claim 2, wherein the strap is all of a uniform width.

4. (Currently Amended) A restraint as in claim 2, that reduces breast movement while a person exercises or performs some other activity, comprising:

a strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and

an adjustable fastener for fastening the strap together;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities; and

wherein the strap is shaped so as to be wider at a ~~the~~ portion that fits across the tops of the breasts.

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5. (Original) A restraint as in claim 1, wherein the strap is all of a single elastic material.

6. (Currently Amended) A restraint as in claim 1, wherein the fastener is a hook-and-loop ~~velcro~~ fastener.

7. (Original) A restraint as in claim 1, wherein the restraint is adapted to be worn in addition to a bra.

8. (Original) A restraint as in claim 1, wherein the strap is incorporated into a bra.

9. (Original) A restraint as in claim 8, wherein the bra is a sports bra.

10. (Currently Amended) A method that reduces breast movement while a person exercises or performs some other activity, comprising:

fitting a strap across tops of the person's breasts, under the person's arms, and around the person's back; and

fastening the strap together with an adjustable fastener; and
positioning the adjustable fastener at the person's back;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint restraint avoids contributing to movement of the breasts during exercising or other activities.

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11. (Original) A method as in claim 10, wherein the strap is at least one inch wide at a portion that fits across the tops of the breasts.

12. (Original) A method as in claim 11, wherein the strap is all of a uniform width.

13. (Currently Amended) A method as in claim 11, that reduces breast movement
while a person exercises or performs some other activity, comprising:

fitting a strap across tops of the person's breasts, under the person's arms, and
around the person's back; and

fastening the strap together with an adjustable fastener;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit,
but is also sufficiently inelastic so that the restraint avoids contributing to movement of the
breasts during exercising or other activities; and

wherein the strap is shaped so as to be wider at a ~~the~~ portion that fits across the
tops of the breasts.

14. (Original) A method as in claim 10, wherein the strap is all of a single elastic
material.

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15. (Currently Amended) A method as in claim 10, wherein the fastener is a
hook-and-loop ~~velcro~~ fastener.

16. (Original) A method as in claim 10, further comprising wearing a bra.

17. (Original) A method as in claim 10, wherein the strap is incorporated into a
bra.

18. (Original) A method as in claim 17, wherein the bra is a sports bra.

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19. (New) A restraint that reduces breast movement while a person exercises or
performs some other activity, consisting essentially of:

a single strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and

an adjustable fastener that is for fastening the strap together;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities.

20. (New) A restraint as in claim 19, wherein the restraint is adapted to be worn in addition to a bra.

21. (New) A method that reduces breast movement while a person exercises or performs some other activity, consisting essentially of:

fitting a single strap across tops of the person's breasts, under the person's arms, and around the person's back; and

fastening the strap together with an adjustable fastener;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities.

22. (New) A method as in claim 21, wherein the restraint is adapted to be worn in addition to a bra.